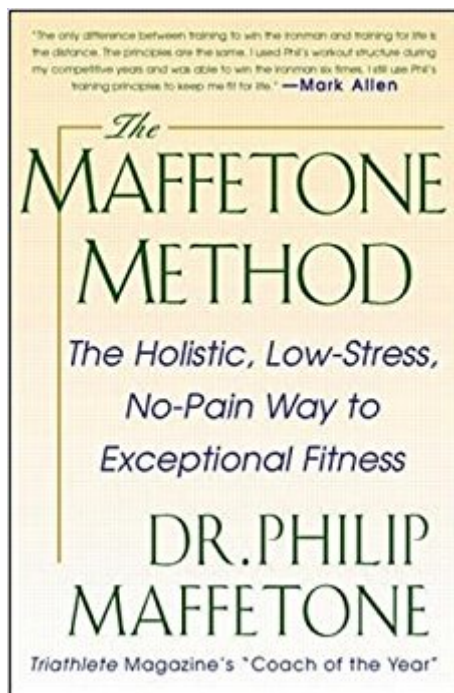




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# The Maffetone Method: The Holistic, Low-Stress, No-Pain Way To Exceptional Fitness



## Synopsis

Dr. Maffetone's unique training system for champions proves that the kinder, gentler approach actually works the best. This fitness regimen has worked for champions and non-athletes alike because it's based on Dr. Philip Maffetone's deep understanding of how the body works. Maffetone has used that knowledge to develop The Maffetone method, his successful low-stress fitness program, which can be tailored to any individual. It means "training slower to go faster," says Mike Pigg, world champion triathlete and Maffetone client. The Maffetone Method includes: A ten step program to reduce stress and increase overall fitness; Exercise techniques designed for increased results with decreased pain; The real lowdown on some of those fad diets. In short, this is a fitness regimen for champions that everyone can use to reach their own goals whether it be running a marathon or walking around the block.

## Book Information

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## Customer Reviews

" A sensible and balanced approach to better fitness and health."--Kent Johnston, strength and conditioning coach, Green Bay Packers "Dr. Maffetone . . . looks at health and fitness as an integrated balance. He deals with the whole picture clearly and directly. Fascinating and illuminating--and I feel great!"--James Taylor, singer, recording artist "I appreciate your contribution to both my own physical health and to others."--Anthony Robbins, best-selling author "Dr. Maffetone is one of the most sought-after endurance coaches in the world." --VELO NEWS "The great conductor Arturo Toscanini once remarked, 'Tradition is the last bad performance.' Like

Toscanini, Philip Maffetone questions some of the weary tenets of performance training. His stable of athletes is perhaps the purest expression of his craft."--John Howard, bicycling legend and coach "Dr. Maffetone is a modern day medicine man whose views, practices, and techniques extend far beyond the turbocharged adrenaline of the exercise kingdom."--William R. Katovsky, founding editor of INSIDE TRIATHLON and TRIATHLETE magazines and two-time Ironman "The only difference between training to win the Ironman and training for life is the distance. The principles are the same. I used Phil's workout structure during my competitive years and was able to win the Ironman six times. I still use Phil's training principles to keep me fit for life."--Mark Allen Health & FitnessConditioningAthletic TrainingMind & Body Sports & Outdoors HealthSports & AthleticsHealth, Mind & Body Diet & NutritionExercise

The Maffetone Method Will Show You How Simple It Can Be To Feel Good Again Here's what people have said about Philip Maffetone's approach to health and fitness: "Dr. Maffetone's system goes beyond dealing with symptoms; he looks at health and fitness as an integrated balance. He deals with the whole picture clearly and directly. Fascinating and illuminating--and I feel great!" --James Taylor, singer, recording artist "I appreciate your contribution to both my own physical health and to others." --Anthony Robbins, best-selling author "A sensible and balanced approach to better fitness and health." --Kent Johnston, strength and conditioning coach, Green Bay Packers Eclectic, insightful, inspirational--doctor and coach Philip Maffetone has helped some of the world's premier athletes achieve astonishing results. But he's equally interested in the athlete inside each of us. In The Maffetone Method, he destroys the "no pain, no gain" training myth and introduces a revolutionary fitness program that not only engenders peak performance but can help you enjoy the most vibrant health of your life. Clearly, simply, and sensibly, Dr. Maffetone explains the benefits of aerobic fitness, proper nutrition, stress reduction, and even choosing the right exercise shoes (expensive is not better!). The Maffetone Method will show you how simple it can be to feel good again.

You can find a great deal of the information in this book on Maffetone's Website, with newer narratives and without all the redundancy of outlines and whatnot. But I still highly, highly recommend buying the book and supporting Philip Maffetone. Maffetone was and is onto something with his research and training with professional athletes, and brings a genuine sense of knowledge and dedication to sports medicine that sets him and his method aside from his peers. This isn't about selling books and becoming some big-name diet guru; it's about helping people reach their

full potential through smart training and nutrition. Quite a few friends and teammates gave me a hard time when I began the Maffetone 2-week test, and furthermore teased me when I slowed my pace to only train within my aerobic capacity. I'll admit, I was different from the pack and eating like gazelle in the wild. But staying strong and following the plan paid off in the end. Not only did I drop a significant amount of unnecessary weight, but my energy improved, my mood improved, and my split times and race times dropped significantly. His method takes dedication, but it's no gimmick. It works, and works really well.

I'm someone who has long thought that more is better. And as such I have constantly struggled with plateaus and set backs and feeling like I'm not getting into better shape really -- just grinding myself harder. E.g. I reduced my time on a (hilly) 6.1 mile course from 1:07 to :49. Yes, lost some weight and all, but really felt like I was on the raggedy edge -- stiff and sore and wondering "how many more of these runs do I have in me?" Most of my gains came from just having a better idea of how hard to push and when and just getting better at sucking it up. This book has given me some fresh ideas about how to train in a way that will actually make me healthier and fitter, and not just more of a grinder. The CW always talks about what Maffetone calls the aerobic zone as the "weight loss zone". Well I was never really overweight, so I wasn't too interested in that. Maffetone explains that it is much more than that, it is the zone where your aerobic system can actually improve, thus improving your endurance and work capacity. Having it put in those functional, fitness related terms makes me suddenly willing to work in that zone, and hopefully get the functional gains that I am after. Also, I really had never had anyone articulate the distinction between fit and healthy. I've been that fit/unhealthy person at times, and just couldn't articulate where I was. He expresses the concept very well. The issue I have is that I am a big believer in strength training and want to maintain that part of my training. That will be trick to integrate I think, but the concepts he offers here I think make it possible. So this will obviously require patience to show results. Hopefully I can demonstrate that. The fact that these workouts are not grueling will make that more likely!

It's 2015 and I just heard an interview with the author where he did NOT recommend this book. The book is 13 years old and he said the information is lacking. Instead he encouraged people read his "Big Book."

The core of this book is about the balance between aerobic and anaerobic training to train in a way that is gentle and respectful for your body. Pushing harder is not the best or most sustainable way to

enjoy doing sport over a longer period. I liked the book although it's focused on walking and running. Anyhow ... the book guided me back to my running shoes which were left aside because of chronic knee pain. Curious if this training method will help me ... so, still checking !!

Good read

Phil is brilliant. I read his blog now as well. After my daughter introduced me, I have been tuned into the why's and why it works.

Good book, explaining Maffetone's ideas and why they work, He has an updated book now which I would strongly recommend, called the Big Book of Health and Fitness. Maffetone had some great ideas on how to live a much healthier and enjoyable life. Dr. Maffetone is a true educator who realizes the need to treat the whole person, not just symptoms. He is not a quack but demonstrates with science and research why he teaches what he does.

Phil Maffetone has trained some of the greatest long distance runners and triathletes. Nice to hear his techniques about training at a slower pace and longer distances. I like his calculations on using the heart monitors while training, and his heart rate training zones. Also good are his diet suggestions including using more fats for fuel and not to overload on the pastas.

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